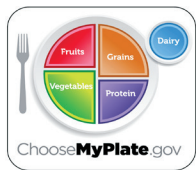


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GRILLED STEAK AND PEPPERS SALAD WITH PEARS

Grill whole bell peppers along with steak, then add Bartlett pear slices, and you have the foundation of a delicious and colorful Italian-influenced salad.

Preparation time: 30 minutes

Serves: 4

INGREDIENTS:

- 2 cups (4 oz) whole-wheat rotini pasta, uncooked
 - 1 yellow bell pepper
 - 1 red bell pepper
 - ½ tsp olive oil
 - 12 oz boneless choice beef top sirloin
 - 2 Bartlett pears
 - 3 cups arugula
 - ¼ cup crumbled Gorgonzola cheese
- Vinaigrette**
- 1 tbsp olive oil
 - 3 tbsp distilled vinegar
 - ¼ cup 100% white grape juice or apple juice
 - ¼ tsp salt (optional)
 - 1 tbsp Italian herb blend, salt-free

DIRECTIONS:

In a small bowl, whisk olive oil, vinegar, grape or apple juice, salt, and herb blend. Boil water and cook pasta according to package instructions. Drain pasta, rinse in cool water. Heat grill, rub peppers with ½ tsp olive oil. Grill whole peppers, turning as needed, until skin begins to brown and bubble. At the same time, grill beef sirloin to 145 °F, turning once. Remove from grill, let cool slightly. Slice peppers into strips, discarding seeds and stem. Cut sirloin across the grain into thin slices. Slice pears into thin wedges. Toss arugula and pasta in large bowl. To serve, evenly divide pasta-arugula onto four plates, arrange beef, peppers, and pears on top, drizzle with vinaigrette, and sprinkle with crumbled Gorgonzola cheese.

Serving Suggestions:

Serve with 8 oz glass of non-fat milk.



Food Group Amounts	
Dairy	¼ cup
Fruits	½ cup
Vegetables	1 cup
Grains	1 oz
Protein	2½ oz

Nutrition Facts	
Serving Size 327 g	
Amount Per Serving	
Calories 390	Calories from Fat 110
%Daily Value*	
Total Fat 12g	18%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 330mg	14%
Total Carbohydrate 44g	15%
Dietary Fiber 7g	28%
Sugars 15g	
Protein 27g	
Vitamin A 40%	Vitamin C 250%
Calcium 10%	Iron 15%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Dietary Fiber	25g 30g

Recipe Submitted by Produce For Better Health Foundation



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